

Patient Instruction Sheet for Virtual Colonoscopy

Description of the Procedure: Virtual colonoscopy is a non-invasive procedure, which uses computed tomography (CT) to take pictures of the colon after it is filled with a moderate amount of carbon dioxide (CO2). A short lubricated tube will be placed in your rectum. As your colon fills with CO2 you will feel slightly bloated. The CT scan will take pictures of your colon while you lie on your back and on your stomach. The CT scanner is a short open chamber with no enclosed tunnel. The CT scan will take about 15 minutes.

It is critically important to strictly follow the instructions of the colon-cleansing regimen with the 2 oral contrast agents. This will help tell the difference between stool and abnormalities in your colon. You must drink the entire amount of the oral preparation. You may not eat solid food the day before or morning of your exam. Only “**clear liquids**” are allowed. Examples include water, juices with no pulp, sodas, gelatin, popsicles, hard candy, broth (bouillons), coffee, and tea (limit the amount of caffeine) with sugar (no cream or milk). Continue to take your regular medications as directed by your physician.

Below are instructions on how to take you prep medications. ***Only follow the instructions for the Prep set that your provider prescribed. You will either do the Fleets Prep or the Colyte Prep, NOT both.*** Please call if your provider did NOT prescribe ALL the medications. To schedule your appointment or if you have any questions, call 202-782-6188/0892 or go to www.vcscreen.com. *** TIP: Refrigerate Barium and Gastroview, this will make them more palatable. ***

The Day Before the Exam (Please Check as completed)

If you have the following medications follow the Fleets/Dulcolax Prep.

OR

If your provider order these medications INSTEAD of Fleets/Dulcolax follow the Colyte Prep.



FLEETS Prep Instructions

Time	Instruction
<input type="checkbox"/> All Day	Before starting your bowel prep, make sure you are close to a restroom. Follow a restricted diet consisting of clear liquids. Drink plenty of fluids throughout the day to prevent dehydration.
<input type="checkbox"/> 12:00 PM	<ul style="list-style-type: none"> Take 2 Dulcolax tablets. Drink half of 450ml bottle of CT Barium. (<i>White, chalky tasting liquid</i>)
<input type="checkbox"/> 3:00 PM	Drink half of 90ml bottle of Fleets Phosphosoda mixed with some ginger ale or fruit juice. Follow with 8-10 8oz cups of water throughout the afternoon.
<input type="checkbox"/> 6:00 PM	Drink last half of 90ml bottle of Fleets Phosphosoda mixed with some ginger ale or fruit juice. Follow with 8-10 8oz cups of water throughout the evening.
<input type="checkbox"/> 10:00 PM	<ul style="list-style-type: none"> Drink half of 120ml bottle of Gastroview (<i>Brown Bottle</i>) mixed with 8oz of fruit juice or clear drink. Drink last half of CT Barium.



COLYTE Prep Instructions

(ONE bottle of each)

Time	Instruction
<input type="checkbox"/> All Day	Before starting your bowel prep, make sure you are close to a restroom. Follow a restricted diet consisting of clear liquids. Drink plenty of fluids throughout the day to prevent dehydration.
<input type="checkbox"/> 12:00 PM	Drink half of 450ml bottle of CT Barium (<i>white, chalky tasting liquid</i>)
<input type="checkbox"/> 5:00 PM	Drink Colyte over 4 hours. Fill up with water and make sure powder is completely dissolved. Drink about 4oz every 5 min. (Finish by 9 PM).
<input type="checkbox"/> 10:00 PM	Drink half of 120ml bottle of Gastroview (<i>Brown Bottle</i>) mixed with 8oz of fruit juice or clear drink. Drink last half of CT Barium.

The Day of the Exam

<input type="checkbox"/> At least 1 Hour prior to Appt	No matter which prep instructions you followed, arrive to your appointment 1-hour prior and drink last half of 120ml bottle of Gastroview (<i>Brown Bottle</i>), mixed with fruit juice, in the CT Imaging Waiting Room. (Room 1G, 1st Floor of Walter Reed's Main Hospital). Gastroview may have a laxative effect, therefore please take it in the hospital. Please ask for a VC Day of Exam Questionnaire when you arrive.
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